

CAROLYNMADGE\4500-COUNT OR 45 MIN.WARM UP ON CARDIO MACHINE OF CHOICE/SELENAQUINTA or CARDIOVASCULAR AEROBICSCCLASS

<https://www.ithacajournal.com/story/news/local/2025/07/21/cayuga-lake-mental-health-swim/85313482007/>

<https://www.muscleandfitness.com/flexonline/training/complete-guide-getting-your-body-competition-ready/>

Superset SHOULDERS&TRICEPS=DYNAMIC&STATIC STRETCHES

Shoulders 32 32

Machine Lateral Raise 32 32

Bentover Dumbbell 32 32

Lateral Raise 32 32

Front Plate Raise 32 32

Smith Machine 32 32

Shoulder Press 32 32

Dumbbell Shoulder Press 32 32

POWERLIFTING ZONE DUB SET

GOODMORNINGS 9 8 7

GUTENMORGENS

10 8 6

Triceps ,CrossFit MusuL

8 8 8 8 8 8 8

Single-arm Overhead

8 8 8 8 8 8 8

Triceps Extension

8 8 8 8 8 8 8

Cable Overhead

8 8 8 8 8 8 8

Triceps Extension

8 8 8 8 8 8 8

Cable Pressdown

8 8 8 8 8 8 8

Narrowed Pull Down

8 8 8 8 8 8 8

Incline Triceps Bench Press

8 8 8 8 8 8 8

ABDOMINALS & 1000+ step jog in between exercises, sets, & repetitions

Hanging Lower Abs

21 21 21

874 Neckwork Abs

Straight Legged Sit-Ups

21, 21, 21

Your query appears to represent a detailed *workout programming note* or training log, covering several elements:

- A **cardio warm-up**: "4500-COUNT OR 45 MIN. WARM UP ON CARDIO MACHINE OF CHOICE"/"SELENAQUINTA" or **cardiovascular aerobics class**.
- A **superset routine** for shoulders and triceps, with set/rep schemes and specific exercises listed.
- Directions for **powerlifting/accessory lifts** and abdominal work.
- Inclusion of **cardio or aerobic steps/jogs** inserted between strength exercises.

Below, I'll break down and contextualize each component, referring to available search results for best practices and options for cardiovascular warm-ups, group classes, and resistance training structure.

1. Cardio Warm-Up Options

You include:

- **"4500-COUNT OR 45 MIN. WARM UP ON CARDIO MACHINE OF CHOICE"**: This suggests either a step count (perhaps 4,500 steps) or 45 minutes of moderate-to-intense cardio on any machine (treadmill, elliptical, bike, rowing machine, etc.).
- **"SELENAQUINTA or CARDIOVASCULAR AEROBICS CLASS"**: This could refer to a class led by an instructor named Selena or simply a general aerobic/cardio class.

Best Practice:

- A **45-minute warm-up** is quite long if it is truly a "warm-up," but it aligns with **full-length cardio sessions** that target endurance or fat loss, as used in many group fitness formats^[1].
- Cardio machines such as treadmills, stationary bikes, and rowing machines are widely recommended; rowing, for instance, is efficient and recruits large muscle groups^[2].
- Group classes (cycling, Zumba®, HIIT, cardio dance) provide structured aerobic training and often emphasize fun and intensity^{[3][1][4]}.

Sample Cardio Class Alternatives:

- **HIIT Cardio** (Many 20–30 min classes available with Peloton and other digital platforms)^{[3][5]}.
- **Cycle 45/60** (45 or 60 minutes of interval cycling, moderate to high intensity)^[1].
- **Zumba®/Dance Aerobics** (45–60 minutes, moderate intensity, incorporates dance for variety^[1]).

2. Superset Shoulders & Triceps + Dynamic & Static Stretches

You list an **extensive superset** with high repetitions ("32 32"), likely meaning 2 sets of 32 reps for each exercise:

- **Machine Lateral Raise**
- **Bentover Dumbbell Lateral Raise**
- **Front Plate Raise**
- **Smith Machine Shoulder Press**
- **Dumbbell Shoulder Press**

This is followed by multiple triceps movements (often 8 sets x 8 reps), suggesting a high-volume approach for hypertrophy and muscular endurance.

Best Practice:

- Dynamic stretches (mobility drills before lifting) and static stretches (afterwards) are commonly advised for injury prevention and range of motion.
- Supersets and high-rep schemes, while demanding, can build muscular endurance and promote metabolic fatigue^[6].

3. Powerlifting/Accessory Lifts

You list **Good Mornings**, "Gutenmorgens," and triceps variations, with descending rep schemes (9,8,7 etc., a classic "drop set" or ramp-down approach).

Best Practice:

- Mixing strength "power" moves (good mornings) with accessory lifts (triceps extensions, cable pressdown) supports both muscular strength and joint stability^[6].

4. Abdominals & Intermittent Cardio

- Hanging lower abs
- Neckwork abs
- Straight-legged sit-ups
- **"1000+ step jog in between exercises, sets, & repetitions"**: Implies inserting brisk jogs or step-ups during and between strength sets for further cardiovascular benefit.

Best Practice:

- This "hybrid" approach, combining resistance and cardio with minimal rest, mimics bootcamp and circuit class styles, enhancing *overall work capacity* and calorie expenditure^{[3][1]}.
- Intervals of cardio interspersed with strength training maximize cardiovascular and muscular benefits (similar to CrossFit's metabolic conditioning or group "Cardio Mix" classes^[1]).

5. Adaptability & Group Class Equivalents

Based on your routines, you might also consider:

- **HIIT or Cardio Circuit Classes**: 45–60 min of alternating strength and cardio intervals reflect your structure^{[3][1]}.
- **Dance Cardio** or **Zumba® classes** for high-volume, energetic movement paired with rhythm and coordination^[1].
- **Aqua aerobics** and **cycle classes** offer lower-impact options with similar cardio and endurance benefits for long sets^[1].

Limitations & Considerations

- This workout's **volume and intensity are very high** (especially for shoulders/triceps and ab work). Such routines are usually reserved for advanced trainees or bodybuilding/competition prep^[6].
- Ensure proper progression, rest, and form to avoid overuse or injury.
- *If "SelenaQuinta" refers to a specific class or instructor not found in the search results, further information would be required for precise advice.*

In summary:

Your plan blends sustained cardio (either via machine, step count, or group class) with high-rep, high-set supersets for shoulders/triceps, supported by cardio bursts and substantial core work. Group classes like HIIT, Zumba®, or cycle intervals replicate many elements of your session and offer alternatives while maintaining structure, progression, and cardiovascular benefits^{[3][1][5]}. For any specific adaptations (e.g., injury, fitness level), make sure to adjust volume or intensity accordingly and consult fitness professionals as needed^{[6][1][2]}.



MUSUL is KOREAN FOR MARTIAL ARTS

Thank you for the clarification! Yes, "**MuSul**" (무술) is the Korean term for **martial arts** — a combination of:

- **Mu** (무 / 무) = military or martial
- **Sul** (술 / 술) = technique, art, or method

So **MuSul** (무술) translates to "**the art of combat**" or "**martial techniques**." It's a broad term that can refer to many martial systems in Korea, such as:

- **Taekwondo** (태권도) – known globally for its striking and kicking techniques
- **Hapkido** (합기도) – a system using joint locks, throws, and striking
- **Kuk Sool Won** (국수원) – an integrated martial art that includes elements from various Korean traditions
- **Ssireum** (씨름) – traditional Korean wrestling

- **GongKwon Yusul (공권유술)** – modern Korean mixed martial arts
- **Subak/ Subyeokta** – ancient Korean martial systems focused on strikes and open-hand techniques

So in your routine, when you reference "Triceps ,CrossFit MusuL," it's likely you're integrating **martial arts-inspired movements or conditioning drills** (like strikes, holds, or fighter-based training) into CrossFit-style triceps circuit training.

That approach makes sense—both **MuSul** and **CrossFit** emphasize explosive power, agility, balance, and mental focus—perfect for an intense, functional triceps + shoulder workout.

Would you like help designing a **MuSul + CrossFit hybrid routine** targeting triceps and shoulders or adding martial arts-based cardio to your current training?

YES

Below is a **MuSul (Korean Martial Arts) + CrossFit-inspired routine** targeting **triceps and shoulders**, with martial arts-based cardio intervals. The plan draws from martial arts cross-training and CrossFit conditioning principles to maximize strength, endurance, agility, and combat-readiness as supported by the search results^{[7][8][9][10][11][12]}.

MuSul + CrossFit Triceps & Shoulder Circuit

Structure:

- Perform exercises as a circuit: **60 seconds work, 30 seconds rest/transition**
- **Repeat the full circuit 3-4 times**
- Between sets/exercises, include **martial arts cardio** (shadowboxing, jump rope, knee strikes, etc.)

Exercise	Description/Variation	Martial Arts Application
Dumbbell Push Press	Power shoulder movement, use light/moderate weights	Mimics explosive striking or blocking
Close-Grip Push-Up	Hands together for triceps overload	Promotes “pushing away” strength

Single-Arm Dumbbell Snatch	Alternate arms, emphasizes unilateral work	Builds punch speed and corrects imbalances ^[7]
Standing Cable Triceps Pressdown	Use resistance band if cable unavailable	Transfers to clinch breaks, parries
Medicine Ball Slam	Dynamic overhead move, use maximal force	Simulates hammers, downward strikes
Burpees	Add a pushup or tuck jump for intensity	Full-body, supports combat cardio, improves takedown defense ^{[8][10]}
Seated Arnold Press (Dumbbells)	Rotational press, recruits more stabilizers	Supports rotational guard work, blocks
TRX/Bodyweight Dips	Use rings, dip bar, or sturdy bench	Enhances lockout strength for holds, counters
Speed Rope or Shadowboxing	High-intensity interval (60s max effort)	Agility, footwork, fast hand recovery

Martial Arts Cardio Intervals (Pick one between sets):

- **Shadowboxing with knee/thrust kicks** (throw 10 left/right knee strikes + 10 punches/side each interval)
- **Jump Rope Sprints** (go maximum speed, focus on rhythm and light feet)
- **Sit-Up with Punch** (each sit-up at top, throw 4–6 rapid alternating punches^[10])
- **Squat Thrust with Knee Raise** (drop to plank, hop up, deliver knee strike—simulates sprawls and counter-blitz^[10])
- **Focus Mitts/Heavy Bag Combo** (if available: work quick jab-cross, hook, or triceps extensions against resistance)

Progression & Key Training Points

- **Focus on single-limb (unilateral) work** to correct strength imbalances, which is vital for martial artists^{[7][12]}.
- **Prioritize powerful hip drive and core engagement**; most martial movements (strikes, throws, sprawls) require this^{[7][9]}.

- **Keep transitions tight** (combat is continuous). Minimize downtime but *maintain good form*.
- **Adjust weight/resistance** to favor speed and control over absolute max load for martial application.

Sample 1-Round Flow

1. **Dumbbell Push Press** (60 seconds)
— 30 seconds: Shadowbox w/knee strikes
2. **Close-Grip Push-Up** (60 seconds)
— 30 seconds: Jump Rope
3. **Single-Arm Dumbbell Snatch** (60 seconds, alternate arms)
— 30 seconds: Sit-Up Punch Combo
4. **Standing Cable/Band Triceps Pressdown** (60 seconds)
— 30 seconds: Burpees
5. **Medicine Ball Slam** (60 seconds)
— 30 seconds: Shadowboxing (add elbows or blocking moves)
6. **Seated Arnold Press** (60 seconds)
— 30 seconds: Fast footwork shuffle
7. **TRX/Ring Dips** (60 seconds)
— 30 seconds: Quick jab-cross-head movement

Repeat the whole circuit 3-4 times, resting 1-2 minutes between rounds as needed.

Additional Suggestions

- **Martial Arts Days:** Reserve technique-specific practice (kicking, grappling, forms, sparring) for separate sessions or alternate days for maximum skill acquisition^{[9][11]}.
- **Integrate mobility and dynamic stretches** in warm-up and cooldown, as suggested in the original plan.
- **Track reps or time for each movement** and aim to match/beat totals round-to-round^[10].

This hybrid approach leverages the power, speed, and endurance of CrossFit to amplify your martial arts strength, agility, and resilience while correcting imbalances and preventing overuse injuries^{[7][8][9][11][12]}.

If you prefer a **customized plan for a specific martial art** (e.g., Taekwondo, Hapkido, BJJ), share details and I'll tailor further.

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How does building a solid base improve guard passing in Brazilian Jiu-Jitsu

Building a **solid base** dramatically improves guard passing in Brazilian Jiu-Jitsu by enhancing **balance, stability, and pressure**, which makes you much harder to off-balance or sweep and allows you to maintain control as you advance through your opponent's guard^{[13][14][15]}.

Key reasons a solid base improves guard passing:

- **Balance and Stability:**

A strong base means your stance or posture is difficult to disrupt. Whether standing or kneeling, a *solid, wide, and low base* with active toes and good weight distribution makes you resistant to sweeps and keeps you “rooted” as you move to pass. This is crucial because any instability lets your opponent create space or off-balance you, resetting their guard or attacking with submissions^{[13][14]}.

- **Efficient Pressure Application:**

Passing the guard often relies on applying steady, controlled pressure to pin the opponent’s hips, legs, or upper body. With a solid base, you can drive your weight through your hips and knees, creating the sensation of being "heavy" and making it much harder for your opponent to move or defend^[13].

- **Posture as a Foundation:**

From a good base, you can build strong posture—keeping your body aligned and structurally sound. This means you’re less vulnerable to attacks and can generate efficient force for both tight, methodical (pressure/smash) passes and quick, dynamic (agility/mobility) passes^{[13][14][16]}.

- **Freedom to Transition:**

Having a base position (such as the headquarters position, knee shield, or tripod stance) gives you a point of return throughout your passing sequences^{[14][16]}. This lets you threaten various passing directions and adapt fluidly if your initial pass is blocked, without losing control.

- **Chain Attacks and Control:**

Effective guard passing isn't just one move—it's a sequence. A solid base lets you string together passes (e.g., knee slide to leg drag to smash pass) rapidly, always able to return to a stable position and prevent your opponent from regaining a dangerous guard^{[16][15]}.

- **Fatigue Resistance:**

When your base is efficient, you use less energy to maintain your position or recover balance. This allows you to pursue passing attempts longer and with greater control, while your opponent gets tired defending and re-guarding^[15].

In summary:

A solid base is the foundation of effective guard passing in BJJ. It keeps you safe from sweeps, enables you to apply meaningful pressure, and allows continuous chaining of passes, leading to more successful and energy-efficient passing overall^{[13][14][16][15]}.

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How does a strong base enhance balance during guard passes in BJJ

Why is developing a solid stance crucial for effective guard passing in BJJ

How does building a the right foundation prevent guard recovery by opponents

What role does stability play in executing guard passes smoothly in BJJ

How can a solid base improve your overall guard passing consistency

A **strong base** is essential in Brazilian Jiu-Jitsu guard passing because it directly enhances balance, stability, and your ability to control the opponent, which together make guard passes safer, smoother, and more consistent.

How does a strong base enhance balance during guard passes in BJJ?

A **strong base** means your weight is distributed in a way that makes you difficult to push, pull, or sweep off balance. By keeping your posture solid (e.g., chest higher than hips, weight evenly on feet), you are much less susceptible to being tipped or reversed by the bottom player while you move to pass. This enhanced balance allows you to maintain steady pressure and move in multiple directions without compromising your position^{[17][18][19]}.

Why is developing a solid stance crucial for effective guard passing in BJJ?

A **solid stance** is crucial because it:

- Allows you to defend against sweeps and submissions by keeping your center of gravity low and adjusting your feet and knees as you move.
- Provides the launching point for all passes (smash, fast, leg drag, knee cut, etc.), letting you adjust to the guard player's reactions and transition between passes efficiently.
- Gives you confidence to commit to a pass, knowing you can recover if the opponent tries to disrupt your base^{[20][18][21][17]}.

How does building the right foundation prevent guard recovery by opponents?

When your foundation is strong:

- You apply pressure and control as you pass, limiting your opponent's mobility and ability to replace guard.
- A poor base creates gaps; a solid base enables you to "stick" to the opponent and block their hip movement or frame building, preventing them from inserting their legs or recomposing guard positions^{[21][17]}.
- You can anchor yourself in powerful positions like "headquarters" or knee-cut, making it harder for the bottom player to create space and recover guard^[21].

How does a strong base prevent opponents from recovering guard in BJJ

A **strong base prevents opponents from recovering guard in Brazilian Jiu-Jitsu (BJJ)** primarily by maintaining **stable pressure, controlling key frames, and minimizing the space they need to reinsert their legs or hips to regain guard**.

Key points based on the search results:

- A solid base allows you to **apply steady, controlled pressure** on your opponent's hips and upper body. This pressure pins them down and limits their ability to maneuver or create the angles needed to recover guard^{[22][23]}.
- Maintaining **good posture and balance** prevents the bottom player from easily off-balancing or pushing you away to create space, which they need to recover guard^{[22][24]}.
- A stable base supports strong **frames with the arms, elbows, and shins**, which act as a scaffolding blocking your opponent's attempts to insert legs, establish grips, or shift their hips^{[22][23]}.
- When your base collapses or your frames fail, your opponent can quickly exploit that loss of control to **clear your legs and recompose guard**^[22].
- By controlling distance and angles from a stable foundation, you **limit their movement options**, forcing them into defensive positions rather than allowing fluid guard recovery sequences^[22].

In essence, an effective base minimizes the space and leverage a bottom player needs to recover guard by combining heavy, well-distributed pressure with active framing and balanced positioning. This disrupts their timing, restricts their movement, and forces them to defend rather than regain offensive guard positions.

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How does a strong base physically block opponents from passing your guard in BJJ

Why does having a solid stance make guard recovery more difficult for opponents
In what ways does positioning and stability prevent guard recovery attempts
How does controlling the hips and legs help maintain guard against recovery
What mental mindset factors, linked to a strong base, help prevent opponent guard recovery

Here is a thorough answer addressing your questions, synthesizing the search results and BJJ principles:

How does a strong base physically block opponents from passing your guard in BJJ?

A **strong base creates structural barriers and pressure points that limit your opponent's movement and passing options**. By controlling your posture and the alignment of your hips and legs, you can physically obstruct the pathways they use to clear your guard. For example, using hooks or butterfly guard grips effectively blocks their ability to slide past your legs or twist their body to pass. According to videos on guard blocking techniques, establishing key frames and locking your legs prevents opponents from advancing, forcing them into compromised positions where you can counter or reset guard^{[25][26]}.

Why does having a solid stance make guard recovery more difficult for opponents?

When you maintain a **solid stance with good balance and posture**, you reduce the space and leverage your opponent needs to move their hips or insert their legs for guard recovery. A stable stance also allows you to **apply controlled pressure on the opponent's hips** and upper body, pinning them down and disrupting their timing. This makes it tough for the opponent to create angles or open space to recompose guard, as their attempts are met with resistance through your firm foundation^{[26][27]}.

In what ways does positioning and stability prevent guard recovery attempts?

Positioning and stability let you maintain control of the distance and angles needed to block the opponent's guard retrieval. Effective framing with your arms and legs cuts off their pathways for hip movement and leg insertion. Stability in your posture means sudden shifts or destabilizing moves from the bottom player are less likely

to succeed, limiting them to defensive reactions instead of initiating guard recovery sequences^{[27][28]}.

How does controlling the hips and legs help maintain guard against recovery?

The hips and legs are central to guard retention and recovery. By controlling or pinning your opponent's hips, you reduce their mobility and ability to pivot or shrimp to re-establish guard. Securing hooks, underhooks, or direct pressure on the hips prevents them from shifting their weight, closing distance, or inserting legs between you. Leg pummeling and maintaining hook control block the pathways needed for effective guard recovery^{[25][27]}.

What mental mindset factors, linked to a strong base, help prevent opponent guard recovery?

A strong base promotes **confidence and composure**, reducing hesitation when applying pressure or reacting to guard recovery attempts. This mindset allows you to **stay calm under pressure, maintain focus on positioning, and patiently dismantle your opponent's efforts** rather than rushing and losing balance. Believing in your stability empowers you to remain aggressive in your guard pass while controlling risks, which psychologically throttles the opponent's chances of successfully recovering guard^[26].

In summary:

A **strong base physically blocks guard passing by establishing frames, pressure, and control over the hips and legs.** Your **solid stance and stable positioning restrict the opponent's space and leverage**, making recovery difficult. Controlling key body parts like hips and legs limits their mobility, while a calm, confident mindset reinforces the ability to maintain control and continuously disrupt guard recovery attempts.

This synthesis draws from instructional videos on guard blocking^{[29][25]}, guard retention fundamentals^{[27][28]}, comprehensive coverage of guard positioning^{[26][30]}, and mental aspects of guard confidence^[26].

How does a strong base physically block opponents from passing your guard in BJJ

Why does maintaining a solid stance make it harder for opponents to recover guard
How do positioning and stability prevent opponents from executing guard recovery techniques

In what ways does controlling hips and legs contribute to guard retention

How does a confident mental mindset linked to a strong base help prevent guard recovery

Here is a detailed, structured response answering each of your questions based on the search results and sound BJJ principles:

1. How does a strong base physically block opponents from passing your guard in BJJ?

A **strong base creates a physical barrier that restricts an opponent's ability to maneuver past your legs and hips**. By maintaining structural integrity—using hooks, frames, and active leg positioning—you prevent opponents from sliding through or bypassing your guard. Techniques such as establishing butterfly hooks or locking legs in closed guard are essential elements that block passing attempts by controlling key movement points and limiting space^{[31][32]}.

For example, from butterfly guard, well-positioned hooks stop the opponent from jumping over or under your legs to pass^[31]. Similarly, strong frames and hip escapes combined with leg locks obstruct passing angles and force the passer to deal with heavy resistance before advancing^{[33][34]}.

2. Why does maintaining a solid stance make it harder for opponents to recover guard?

When **you maintain a solid stance as the top player passing guard**, you minimize the space your opponent needs to move their hips or insert legs to recover guard. A firm, balanced posture enables you to apply steady pressure while controlling their upper body, preventing them from creating critical space or leverage^{[32][34]}.

A solid stance increases your stability so your opponent cannot easily off-balance or push you backward. This hinders their ability to shrimp or frame to recompose guard since your weight and structure limit their mobility and disrupt their timing^{[32][34]}.

3. How do positioning and stability prevent opponents from executing guard recovery techniques?

Good positioning combined with stability allows you to control distance and angles essential for breaking guard recovery attempts.

- Positioning your limbs as frames and maintaining pressure on the hips shuts down their ability to create space for leg insertion or hip movement needed to escape or re-guard^{[33][34]}.
- Stability prevents your opponent from shifting your weight or pushing you off balance so that they cannot effectively execute shrimping, leg pummeling, or hip escapes^{[34][35]}.
- By staying centered and connected, you force your opponent into defensive postures where recovery motions become slow, telegraphed, and less effective^{[32][35]}.

4. In what ways does controlling hips and legs contribute to guard retention?

Controlling the hips and legs is central to maintaining guard because these body parts directly influence mobility and leverage in BJJ.

- Pinning or restricting opponent hips limits their ability to pivot and create the space for guard recovery or sweeps^{[33][34]}.
- Using hooks, underhooks, and leg entanglements obstructs their ability to reposition, removing key pathways for re-guarding or passing^{[31][32]}.
- Hip control also allows the guard player to apply offensive techniques since managing the opponent's core connection prevents them from advancing or escaping^{[32][36]}.

5. How does a confident mental mindset linked to a strong base help prevent guard recovery?

A confident mindset supported by a strong base encourages **patience, composure, and controlled aggression**, which are critical for effective guard retention and preventing recovery.

- Confidence allows you to **remain calm under pressure**, preventing rushed or sloppy movements that create openings for opponent recovery^[32].
- Believing in your positional control helps you **take smart risks and maintain steady pressure**, forcing your opponent into defensive reactions instead of allowing offensive guard recovery attempts^[32].
- Mental toughness and focus paired with physical stability enhance your ability to stay connected, anticipate movements, and maintain frames to neutralize recovery efforts^[35].

In summary:

Concept	How It Works in Guard Passing/Retention
Strong Base	Creates physical barriers, structural control over hips/legs ^{[33][31]}
Solid Stance	Limits opponent space and ability to destabilize you ^{[32][34]}
Positioning & Stability	Controls angles and blocks recovery motions effectively ^{[34][35]}
Hip & Leg Control	Restricts mobility, prevents leg reinsertion or hip escapes ^{[31][32]}
Confident Mindset	Promotes calm pressure and consistency, minimizing openings ^{[32][35]}

This integrative approach combining biomechanics and mindset is essential for mastering guard passing and preventing guard recovery in BJJ.

If you want, I can also suggest practical drills or positional exercises to reinforce these principles.



Yes How does anchoring hips and legs increase guard stability in BJJ

Why does a strong, balanced stance dissuade opponents from attempting passes

How do frames and distance control physically obstruct guard recovery methods

In what ways does maintaining a posture of confidence enhance your guard retention

How does a solid base help prevent opponents from establishing dominant positions

Here is a clear, detailed answer responding to each question based on the search results and Brazilian Jiu-Jitsu guard principles:

1. How does anchoring hips and legs increase guard stability in BJJ?

Anchoring your hips and legs creates strong points of contact that control the opponent's movements and maintain your guard structure. By positioning your feet or hooks on your opponent's hips, legs, or body, you limit their ability to shift weight or create openings. Moving your hips actively while maintaining these anchors lets you adjust position dynamically to block passing attempts or recover guard. For example, top leg framing assists in creating distance necessary to bring the bottom leg inside and recover guard effectively^{[37][38]}.

2. Why does a strong, balanced stance dissuade opponents from attempting passes?

A solid, balanced stance allows you to stay stable against attempts to off-balance or pressure you, minimizing gaps your opponent can exploit. When the passer feels your weight firmly rooted and your posture unyielding, it's harder for them to initiate effective passes. This discourages risky or aggressive passing attempts, since your balance negates leverage and reduces their control, forcing them into less advantageous or slower passing strategies^{[39][40]}.

3. How do frames and distance control physically obstruct guard recovery methods?

Frames act as structural barriers, creating space and limiting your opponent's ability to close distance or reposition their hips and legs. By placing your arms, elbows, or legs in key positions, you block hip movement and guard reinsertion paths, forcing your opponent to work harder to regain guard. Distance control through framing

prevents setups for shrimping, leg pummeling, or other recovery moves by denying or delaying access to critical control points^{[37][41][38]}.

4. In what ways does maintaining a posture of confidence enhance your guard retention?

Confidence fosters calmness and decisiveness, allowing you to maintain pressure and control without panic or hesitation. This mindset encourages you to trust your stable base and framing, patiently responding to guard recovery attempts rather than rushing or making mistakes. The psychological pressure generated by confident, steady control often frustrates opponents and reduces their offensive effectiveness^{[38][42]}.

5. How does a solid base help prevent opponents from establishing dominant positions?

A **solid base anchors you firmly on the mat and makes your body difficult to manipulate or move**, preventing opponents from creating passing angles or securing dominant positions such as side control or mount. It enables you to maintain control over your hips, block their advances, and retain guard or transition smoothly to defensive or offensive positions without being easily swept or pinned^{[42][38]}.

Summary Table

Concept	How It Helps Guard Retention & Passing Control
Anchoring Hips & Legs	Controls opponent movement; creates dynamic guard stability
Strong Balanced Stance	Maintains stability; discourages opponent passing attempts
Frames & Distance Control	Creates space and barriers; blocks hip movements
Confident Posture	Enhances calm control; frustrates opponents' recovery efforts
Solid Base	Anchors body; resists displacement; prevents dominant control

These principles are supported by recent expert explanations and demonstrations in guard retention videos and BJJ technique breakdowns^{[37][39][41][40][38][42]}. Developing these physical and mental attributes together is key to becoming consistently effective at guard retention and passing defense in BJJ.



How does anchoring hips and legs create a stable foundation in BJJ guard

Why does a strong stance reduce the likelihood of guard passes success

How do effective frames and distance control block guard recovery attempts

In what ways does confident posture improve your ability to retain guard

How does maintaining a solid base limit your opponent's control options

Here is a comprehensive answer addressing all five questions based on the search results and BJJ concepts:

How does anchoring hips and legs create a stable foundation in BJJ guard?

Anchoring your hips and legs **fixes your position relative to your opponent** and provides strong points of contact that control their movement. For example, placing your feet on your opponent's hips or using hooks like De La Riva or inside leg hooks locks their hips in place, making it difficult for them to advance or change angles^{[43][44]}. This creates a **stable "platform"** from which you can resist passes and initiate guard recovery or attacks by leveraging hip mobility while maintaining control^[45]. Anchored hips also allow dynamic movement without losing balance—critical for effective guard retention.

Why does a strong stance reduce the likelihood of guard passes success?

A **strong, balanced stance provides you with stability and a low center of gravity**, making it harder for your opponent to off-balance or disrupt you. This stability reduces openings that allow the opponent to slip their legs past your defenses or apply effective pressure to clear your guard^{[45][44]}. A well-rooted posture means your weight is

distributed so the passer cannot collapse your guard easily or create the angles needed to complete a pass. This forces them to expend more energy and time, often leading to mistakes.

How do effective frames and distance control block guard recovery attempts?

Effective framing—using your arms, elbows, or legs to create barriers—**maintains the proper distance between you and your opponent**, physically preventing them from closing space required to recover guard^{[46][44]}. By blocking hips or pushing on shoulders/chest, you stop opponent shrimping, leg insertions, and hip escapes. Consistently controlling this distance limits their mobility, delays or denies guard recovery attempts, and forces them to reset or take less advantageous positions.

In what ways does confident posture improve your ability to retain guard?

A confident posture cultivates **calmness and trust in your positioning**, which encourages patience and reduces hurried reactions that create openings^[44]. When you believe in your base and frames, you maintain steady pressure and focus, which frustrates your opponent and limits their offensive guard recovery options. Confidence also improves your timing and decision-making, so you can anticipate and react efficiently to recovery attempts without losing composure or position.

How does maintaining a solid base limit your opponent's control options?

A solid base **anchors your body firmly to the mat with proper balance and weight distribution**, making you harder to manipulate or sweep^{[45][44]}. This restricts your opponent's ability to create passing angles or gain leverage needed for dominant positions such as side control or mount. With a stable base, you can resist displacement, maintain frames, and control key points like the hips, thereby limiting their positional advancement and offensive options.

Summary Table

Concept	How It Works
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Anchoring Hips & Legs	Locks opponent's hips, creates stable points to resist passes
Strong Stance	Enhances balance, reduces openings for guard passes
Frames & Distance Control	Physically blocks space needed for guard recovery
Confident Posture	Encourages patience, steady pressure, improved anticipation
Solid Base	Anchors body, prevents displacement, limits opponent control

These concepts, drawn from BJJ guard retention tutorials and expert discussions, collectively improve your ability to block guard passes, prevent guard recovery, and maintain effective control during rolling and competition.

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How does anchoring hips and legs establish a resilient guard foundation

Why does a stable stance discourage guard pass attempts from your opponent

How do strong frames and proper distancing obstruct guard recovery efforts

In what ways does a confident posture enhance guard retention resilience

How does a firm base constrain your opponent's control and passing options

Here is a detailed, principled response addressing your questions with insights from recent expert explanations and foundational BJJ concepts:

How does anchoring hips and legs establish a resilient guard foundation in BJJ?

Anchoring your hips and legs creates fixed points of control that limit your opponent's freedom of movement, stabilizing your guard structure. By planting your feet or hooks on your opponent's hips or thighs and controlling their posture, you effectively "lock" them in place. This prevents them from easily advancing or shifting angles to pass. Anchoring also allows you to actively move your hips while maintaining

connection, enabling dynamic guard retention and opening opportunities for sweeps or submissions^{[47][48]}.

Why does a stable stance discourage guard pass attempts from your opponent?

A stable stance on top makes it difficult for your opponent to find leverage, off-balance you, or create the space necessary to pass. When your weight is distributed properly and your posture is balanced, you minimize gaps and reduce openings for guard passes. Passers feel less confident committing to aggressive passing attempts because your solid base counters their pressure, forcing them to work harder and often leading to mistakes or slower, less effective pass sequences^{[47][49]}.

How do strong frames and proper distancing obstruct guard recovery efforts?

Effective frames serve as physical barriers that maintain distance and block hip movement necessary for guard recovery. By placing your arms, elbows, and legs strategically against your opponent's body, you prevent them from closing the space needed to shrimp, pummel legs, or reinsert their guard through hip escapes. Maintaining this controlled distance disrupts their timing and forces them to expend extra energy resetting positions, thereby obstructing their guard recovery attempts^[49].

In what ways does a confident posture enhance guard retention resilience?

Confidence reinforces calmness, patience, and decisiveness during guard retention efforts. A practitioner with confident posture trusts their base and frames, allowing them to maintain steady pressure without rushing or panicking. This mental composure frustrates opponents by denying them openings created through hesitation or sloppy movement, improving your ability to anticipate, counter, and neutralize guard recovery attempts efficiently^{[47][49]}.

How does a firm base constrain your opponent's control and passing options?

A firm base grounds your body with balanced weight distribution and solid grips, reducing your opponent's ability to manipulate your position. This limits

their capacity to create passing angles or establish dominant positions such as side control or mount. When firmly anchored, you can absorb and redirect their pressure, maintain frames, and control key leverage points like the hips, which directly restricts their passing and control strategies^{[47][48][49]}.

Summary Table

Concept	Role in Guard Control & Passing Defense
Anchoring Hips & Legs	Fixes opponent’s movement; stabilizes guard structure
Stable Stance	Minimizes openings; discourages aggressive guard passing attempts
Strong Frames & Distance Control	Creates space barriers; blocks hip movement for recovery
Confident Posture	Enhances calm control; frustrates opponent attempts
Firm Base	Limits opponent leverage; restricts passing and control options

These insights are drawn from expert instructors’ explanations on anchoring and control techniques^{[47][48]}, guard retention systems for beginners^[49], and foundational BJJ principles emphasizing base, posture, and distance management.

If you want, I can also provide practical drills or detailed positional strategies to develop these aspects effectively.



How does keeping hips and legs anchored prevent opponents from passing guard

- Why is a stable stance critical in resisting guard pass attempts effectively
- How do strong framing techniques create barriers against guard recovery moves
- In what ways does a confident posture improve your control in guard situations
- How does a solid base limit your opponent’s options for advancing their guard pass

Here is a detailed response answering each of your questions, synthesizing the recent search results and expert principles in Brazilian Jiu-Jitsu guard retention and passing:

How does keeping hips and legs anchored prevent opponents from passing guard?

Anchoring your hips and legs creates physical control points that restrict your opponent's mobility and prevent them from establishing strong passing positions. By placing feet, hooks, or grips on your opponent's hips or legs—and actively adjusting those anchors—you block their ability to pin your legs, shift hips, or slide past your guard. This dynamic anchoring keeps you connected and balanced, disrupting their passing attempts and providing a platform for sweeps or attacks. For example, Carlos Machado's *Anchor Grip* technique defends against leg pinning and guard passes by constantly moving and re-establishing leg control^{[50][51]}.

Why is a stable stance critical in resisting guard pass attempts effectively?

A stable stance gives you balance and prevents your opponent from off-balancing or collapsing your guard. When you maintain weight distribution and posture, your opponent cannot easily force you into positions where passing becomes easier. Stability discourages aggressive passing by minimizing gaps and leverage points in your guard defense. As explained in the *Anchor* principle videos, properly anchoring your weight and limbs makes you a “moving target” that resists displacement, frustrating passing efforts^{[52][53][54]}.

How do strong framing techniques create barriers against guard recovery moves?

Strong frames act as physical barriers maintaining space between you and the opponent, blocking their hip movement and guard re-insertion paths. Positioning frames with your arms, elbows, or legs prevents shrimping, leg pummeling, and other recovery methods. These frames stop your opponent from closing distance and force them to reset or risk ineffective attempts. Proper framing combined with distance management is a key fundamental for guard retention shown across multiple beginner and no-gi guard retention guides^{[55][54]}.

In what ways does a confident posture improve your control in guard situations?

A **confident posture promotes calm, steady pressure and sharp timing, which frustrates opponents trying to recover guard.** Mental confidence helps you trust your base and frames, preventing panic or rushed movements that create openings. This composure allows you to anticipate and counter recovery attempts smoothly while maintaining control. Confident control often psychologically discourages opponents, reducing their attempts or effectiveness when trying to escape or recover guard^{[52][55]}.

How does a solid base limit your opponent's options for advancing their guard pass?

A **solid, well-balanced base anchors your body, making it hard for opponents to manipulate your position and create passing angles.** With firm control of your hips and framing points, you restrict their ability to pivot, apply pressure, or slide into dominant positions. This limitation forces opponents to expend more energy, try riskier passes, or pause their attempts, giving you opportunities to reset or attack. The concept of “anchoring” your weight and limbs is central to constraining opponent movement and maintaining positional control^{[50][52][53][54]}.

Summary Table

Question	How It Works in Guard Retention/Passing Defense
Anchoring hips and legs	Controls opponent mobility; prevents leg pinning and pass setup
Stable stance	Provides balance; minimizes openings for guard passes
Strong framing techniques	Create space barriers; block hip movement for guard recovery
Confident posture	Supports calm pressure; anticipates and negates recovery attempts
Solid base	Anchors body; limits opponent's leverage and passing options

This integrated approach combining anchoring, framing, stance, and mindset forms the foundation of resilient guard retention and effective guard pass defense in Brazilian Jiu-Jitsu.

If you want, I can provide specific drills or positional exercises that develop these skills in training.

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How does anchoring hips prevent opponents from breaking your guard grips

Anchoring your hips prevents opponents from breaking your guard grips by constantly moving and repositioning to avoid being pinned, thereby denying them the leverage needed to control or pin your legs. According to Carlos Machado's explanation of the Anchor Grip technique, when your opponent tries to push your leg down to pass, you respond by moving your leg forward and not allowing it to be pinned. This movement turns you into a "moving target" that frustrates their attempts to secure grips or pin your legs for a pass^{[56][57]}.

More specifically:

- **Dynamic anchoring** means your hips and legs maintain contact but adjust position constantly, preventing the opponent from locking down on a static point to break grips. This movement disrupts their pressure and forces them to react rather than control^[56].
- **Hip placement off the ground and near the opponent's body** reduces the space between you, making it harder for them to get good grips on your pants or legs to break your control^[58].
- **Legs anchored on opponent's hips or thighs** serve as barriers that both maintain distance and limit their ability to manipulate your lower body for guard breaks^{[59][60]}.

- When the opponent manages to grip your pants or legs, anchors combined with active hip movement and controlling their sleeves or arms allow you to maintain grip leverage or execute grip breaks while setting up sweeps or transitions^[61].

In sum, anchoring hips and legs is not about rigid holding but about **active positioning and movement** that denies the opponent stable leverage points, protecting your guard grips and maintaining control through constant adjustment and control of key contact points^{[56][57]}.

Supporting Keywords & Concepts:

- **Anchor Grip:** Specific grip and movement strategy to prevent leg pinning and guard pass initiation^{[56][57]}.
- **Dynamic Movement:** Moving hips and legs continuously to avoid being nailed down^[56].
- **Hip positioning off the ground:** Keeps pressure on opponent and closes space to prevent grips^[58].
- **Leg placement on hips/thighs:** Creates a physical barrier to guard breaking^{[59][60]}.
- **Grip Breaking & Sleeve Control:** Combining leg anchors with upper limb grips to maintain control and set sweeps^[61].

This explanation integrates the key ideas found in the search results, especially the detailed breakdown by Carlos Machado and guard retention fundamentals emphasizing hip and leg control.

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How does anchoring hips help prevent opponents from breaking your grips in guard

Why does controlling hip movement make guard defense more effective

How does a strong hip anchor disrupt your opponent's passing attempts

What role does hip control play in maintaining guard stability

How can anchoring your hips create leverage to stop guard pass attempts

How anchoring hips helps prevent opponents from breaking your grips in guard:

Anchoring your hips creates strong and dynamic points of control that continuously adjust to thwart your opponent's attempts to break your guard grips. By actively engaging your hips—lifting them off the floor and moving them to maintain contact with your opponent—you prevent them from pinning your legs or securing a stable grip that would allow them to break through your guard^{[62][63]}. This hip movement, combined with placing your feet on your opponent's hips or thighs (as in De La Riva or butterfly hooks), forms a barrier making it difficult for them to control or clear your legs^[62].

Why controlling hip movement makes guard defense more effective:

Controlling your hips keeps you connected to your opponent and limits their ability to create space, which is essential for guard retention and defense. When your hips are off the ground and actively engaged, you can manipulate angles, break your opponent's posture, and respond quickly to passing pressure^[63]. Hip control disrupts their ability to establish dominant positions or clear your guards by stopping their ability to frame effectively or move freely around your legs^[62].

How a strong hip anchor disrupts your opponent's passing attempts:

A strong hip anchor functions as a pivot and control point that prevents the opponent from advancing. By “locking” your hips near or against theirs and maintaining active leg positioning, you force them to fight against your control continuously rather than progressing through easy passing lanes^{[64][62]}. This anchor denies them clean access to your legs and hips, making it harder to pin or immobilize your guard for a pass.

The role hip control plays in maintaining guard stability:

Hip control stabilizes your guard by providing a centralized point from which to resist pressure and changes in position. It protects against guard breaking by ensuring your legs remain connected and engaged, which limits the opponent's ability to posture up, apply pressure, or slide around your defenses^[65]. Stability from hip control allows you to transition smoothly between different guard types and execute sweeps or submissions while staying safe from being passed.

How anchoring your hips creates leverage to stop guard pass attempts:

Anchored hips create leverage by acting as a fulcrum from which you can generate force to block, push, or off-balance your opponent. When your hips are engaged and properly positioned, you can use your legs in combination with hip movement to pry open your opponent’s frames, disrupt their balance, and create openings for recovery or sweeps. This leverage opposes their pressure, forcing them to expend more energy and time to overcome your guard^{[62][63]}.

Summary

Concept	Explanation
Anchoring hips and legs	Maintains dynamic control points; prevents opponent from stabilizing grips
Controlling hip movement	Limits opponent’s space and posture; enables active guard retention
Strong hip anchor	Denies opponent clean passing lanes by locking hips and legs
Hip control in guard stability	Centralizes control to resist pressure and maintain defensive structure
Hip anchoring for leverage	Provides a fulcrum for force generation to stop opponent’s pass attempts

This synthesis combines expert breakdowns from BJJ guard retention discussions, instructional videos on anchoring principles, and detailed explanations of hip movement’s role in guard defense^{[64][62][63][65]}.

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How does anchoring hips directly prevent opponents from breaking your grips in guard

- Why is hip stability essential for maintaining effective guard defense
- How does a strong hip anchor interfere with your opponent's passing strategies

What specific hip control techniques are most effective against guard passes

How can I improve my hip anchoring to create better guard retention leverage

Based on the latest search results and expert explanations, here are detailed answers to your questions about hips anchoring and guard retention in Brazilian Jiu-Jitsu:

How does anchoring hips directly prevent opponents from breaking your grips in guard?

Anchoring your hips involves actively positioning and moving your hips and legs to maintain contact with your opponent, creating dynamic control points that prevent them from solidifying grips or pinning your legs. According to Jon Thomas and Carlos Machado's guard retention principles, by keeping your hips square and aligned with your opponent's passing direction, you ensure your feet and legs remain in optimal placements such as on their hips or knees, making it very difficult for them to secure firm grips or clear your legs^{[66][67]}. This "moving target" effect frustrates their attempts to break your grips, because your hips constantly adjust, preventing them from locking down control points on your legs or ankles^[68].

Why is hip stability essential for maintaining effective guard defense?

Hip stability allows you to control space and angles efficiently, which is crucial for defensive guard retention. When your hips are stable and square to your opponent, you can maintain consistent frames and prevent their pressure from collapsing your guard. Jon Thomas emphasizes that square hips provide leverage that makes your guard inherently harder to pass because it optimizes your ability to keep feet aligned to block passes and apply counterpressure^{[66][69]}. Without hip stability, opponents can more easily shift your body, break your frames, and initiate successful passing attempts.

How does a strong hip anchor interfere with your opponent's passing strategies?

A strong hip anchor locks your hips near or against your opponent's centerline, drastically limiting their freedom to maneuver or create passing angles. When hips are anchored effectively—using techniques like foot-on-hip placements, hooks (e.g., De La Riva), or using leg pummeling to deny progress—you deny your opponent the ability to pin your legs or advance cleanly^{[68][70]}. This forces them to work harder, expend

more energy, and take inefficient passing paths, often opening themselves up to sweeps or guard recovery opportunities for you.

What specific hip control techniques are most effective against guard passes?

Several hip control techniques stand out based on the expertise shared in the search results:

- **Hip angling:** Adjusting your hips laterally to keep your feet aligned with the direction of the opponent's pass attempt^{[66][71]}. This ensures your frames and legs stay in positions that block or redirect their movement.
- **Foot-on-hip control and hooks:** Using feet on your opponent's hips or thighs and hooking inside or outside around their legs to control their base and prevent passing^[68].
- **Knee-elbow connection:** Maintaining tight contact between your knee and elbow on the passing side to close off inside space^[71].
- **Leg pummeling:** Switching leg positions and crossing legs over to disrupt opponent grips and maintain inside control^[68].
- **Hip escapes (shrimping) combined with re-anchoring:** Moving hips away to create space then reestablishing frames and hooks before the opponent can settle^[72].

How can I improve my hip anchoring to create better guard retention leverage?

Improving hip anchoring involves both positional awareness and drilling specific movements:

- **Practice hip angling drills** to maintain square hips relative to your opponent's pressure, as shown by Jon Thomas^{[66][69]}. This improves your reactive movement to passing attempts.
- **Drill foot and hook placements** on opponent hips and legs, experimenting with various guard types (De La Riva, Butterfly, Half Guard) to find efficient anchoring points^{[68][70]}.

- **Train leg pummeling and switching** to fight off grips and reset leg positions when opponents start passing, as Stephan Kesting suggests^[71].
- **Integrate hip escape (shrimp) drills** to move your hips proactively before the opponent pins them, then quickly re-anchor and recover frames^[72].
- **Include guard retention positional sparring**, focusing on maintaining hips anchored while resisting different passes to build reflexes and leverage.

Summary

Question	Key Explanation & Techniques
How anchoring hips prevents grip breaks	Dynamic hip positioning makes legs “moving targets,” thwarting grip control and leg pinning ^{[66][67][68]}
Why hip stability is essential	Stable, square hips maintain frames and leverage, limiting opponent movement ^{[66][69]}
How hip anchor disrupts passing	Locks hips near opponent, limits angles, forcing inefficient, energy-draining passes ^{[68][70]}
Most effective hip control techniques	Hip angling, foot-on-hip control, knee-elbow connection, leg pummeling, shrimping ^{[66][71][72][68][70]}
How to improve hip anchoring	Drill hip angling, foot/hook placement, leg switching, shrimping, and positional retention sparring ^{[66][71][72]}

This synthesis uses authoritative BJJ coaching content (Jon ThomasBJJ, Carlos Machado, Stephan Kesting, and others) highlighting hip positioning and movement as foundational to guard retention success.

If you want, I can provide specific drill examples or video breakdowns based on these insights.

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